



## IRFU Game Variations: Women's Rugby

|  | Women's Adult Rugby          |                     | Age Grade Rugby GIRLS              |                                     | Mini Rugby                           |                         |                         |
|--|------------------------------|---------------------|------------------------------------|-------------------------------------|--------------------------------------|-------------------------|-------------------------|
|  | Div 1                        | Div 2               | U17 to U19                         | U13 to U16                          | Stage 3                              | Stage 2                 | Stage 1                 |
| <b>Match Duration</b>                    | 80 mins                      | 80 mins             | U18 & U19 -70mins<br>U17 - 60 mins | 60 mins                             | Max. 40 mins                         | Max. 30 mins            | Max 30 mins             |
| <b>Injury time</b>                       | Yes                          | Yes                 | Yes                                | Yes                                 | Yes                                  | Yes                     | Yes                     |
| <b>Extra time</b>                        | Yes                          | Yes                 | No                                 | No                                  | No                                   | No                      | No                      |
| <b>Ball size</b>                         | 5                            | 5                   | 5                                  | 4                                   | 4                                    | 3                       | 3                       |
| <b>Lineout: Pre-grip</b>                 | Yes                          | Yes                 | Yes                                | No                                  | No                                   | No                      | No                      |
| <b>Lineout: Lifting</b>                  | Yes                          | Yes                 | Yes                                | No                                  | No                                   | No                      | No                      |
| <b>Scrum: Pushing</b>                    | Yes                          | 1.5m only           | 1.5m only                          | 1.5m only<br>(U13 & 14 uncontested) | 1 Step - No push                     | 1 Step – No Push        | 1 Step – No Push        |
| <b>Scrum: Wheeling &amp; reset</b>       | 90 Degrees & Lose Possession | 45 Degrees & Reset  | 45 Degrees & Reset                 | 45 Degrees & Reset                  | No Wheeling                          | No Wheeling             | No Wheeling             |
| <b>Ruck &amp; Maul Use it or Lose it</b> | Ruck – No Maul - Yes         | Ruck –No Maul - Yes | Ruck – No Maul - Yes               | Ruck – No Maul - Yes                | 5 seconds “Use or Lose”              | 5 seconds “Use or Lose” | 5 seconds “Use or Lose” |
| <b>Discipline: Yellow card</b>           | Yes                          | Yes                 | Yes                                | Yes                                 | No                                   | No                      | No                      |
| <b>Discipline: Red card</b>              | Yes                          | Yes                 | Yes                                | * See below fro U13                 | No – Compulsory Substitutions Only   |                         |                         |
| <b>Substitutes: Front row cover</b>      | See Law 3.5                  | See Law 3.5         | See Law 3.5 U19 Variations         | See Law 3.5 U19 Variations          | Yes – Roll on Roll off Substitutions |                         |                         |
| <b>Substitutes: Blood</b>                | Yes                          | Yes                 | Yes                                | Yes                                 |                                      |                         |                         |

\* U13 - Player may be sent off – But compulsory substitutions to ensure the same numbers on the pitch at all times.

### Discipline:

Incidents where players are ordered off (foul play) or been compulsory substituted (U13) must be reported to the Branch for disciplinary procedures (if required). Clubs are responsible at all times for the behaviour of their players/ coaches and spectators.